

**BODY FAT CONTENT WORKSHEET (Male)**

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

NAME (Last, First, Middle Initial) <b>SMITH, JOHN, D</b>			RANK <b>SPC</b>		NOTE: ½" = .50
HEIGHT (to nearest 0.50 inch) <b>67</b>		WEIGHT (to nearest pound) <b>180</b>		AGE <b>22</b>	
	STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
	1. Measure neck just below level of larynx (Adam's apple.) <b>Round up</b> to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.	<b>16.00</b>	<b>16.00</b>	<b>16.50</b>	<b>16.00</b>
	2. Measure abdomen at the level of the navel (belly button.) <b>Round down</b> to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.	<b>34.00</b>	<b>34.50</b>	<b>34.00</b>	<b>34.00</b>
	3. Enter the average neck circumference.				<b>16.00</b>
	4. Enter the average abdominal circumference.				<b>34.00</b>
	5. Enter circumference value (step 4 - step 3).				<b>18.00</b>
	6. Enter height in inches to the nearest 0.50 inch.				<b>67.00</b>
	7. Find the Soldier's circumference value (step 5) and height (step 6) in <a href="#">figure B-1 (Percent Fat Estimation for Men)</a> . Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat.				<b>17.00</b>

REMARKS

**CHECK ALL THAT APPLY**

Individual is in compliance with Army Standards.

Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

PREPARED BY (Printed Name and Signature) <b>WILLIAMS, JAJUANZA, L</b>	RANK <b>SSG</b>	DATE (YYYYMMDD) <b>20200509</b>	APPROVED BY SUPERVISOR (Printed Name and Signature) <b>SFC</b>	RANK <b>SFC</b>	DATE (YYYYMMDD) <b>20200509</b>
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SAMPLE